# WHAT EVERY WOMAN WANTS TO KNOW-THINGS THAT INTEREST MAID AND MATRON

### THE BUSINESS GIRL

Ellen Adair Believes That a Determination to Make Good

"Where there's a will, there's a way," a harder and a finer thing to do. It involves just as fierce a warfare and the victory is very keen.

The business girl will have ample op-

of others matters little in the light of this private attitude, the attitude of self-reverence. In the last analysis of conduct the final and supreme critic is first of all respect herself. The opinion uneself. What the world says is imma-

personal test.

Self-knowledge is another leading factor in business success. To fully realize one's market value, to thoroughly gauge the heights and depths of one's business shilty, to understand just how much we may or may not do is essential. Not until we fully know ourselves are we need to judge others.

The last great factor is predominating in its importance. The wheet man that

in its importance. The wisest man that though all the ever lived declared that he that ruleth his spirit is better than he that taketh a gainst us, truth the victors, for city! And this is very true-for the former is

who possesses aufficient self-control and self-denial to suppress her own private feelings and wishes is on the high read to success. She has learned life's hardest lesson, and will progress onward and upward to the best that lies before her.

"Self-reverence, self-knowledge, self-control," these three, "lead life to soperating power." The business girl must be suppressed to the best that lies before her.

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the difficulties that beset the pathway of the average girl, whether she be em-ployed in a business capacity, or other-wise. One of his most beautiful charac-ters is the little factory girl, in "Pippa Pusses," who, though working day in, day out, year in, year out, yet carried happiness with her wherever she went, and made mankind finer and nobler. For she had learned the three great leasons of life, self-reverence, self-knowledge, self-control, and with them she combined the greatest thing in the whole universe, charity. Let us with her remember that, though all the world and all mankind be against us, truth and right will ever win

#### Don'ts for Young Mothers

Don't let your little boy neglect a pin or puncture wound of any kind. It often happens that he receives a slight stick of a pin while he is being dressed, or a rusted needle is left on the carpet by a careless nursemaid, and he steps on it. These may seem like trivial things, and happen every day without serious consequences, perhaps. But the time when your little boy—or girl, as well—may be feeling a little bit off color, or his constitution may be run down may come. Should the dangerous pin or needle run into him then serious results may follow. A long and protracted case of locklaw has come more than once from the neglected pin-prick. The rusty needle or nall is blamed for causing lockjaw. This is not because they are rusty, but because they are dirty. They have probably lain unnoticed, where dirt and refuse of all kinds are tramped upon them. The germs of all these filthy things are impressed on your child's skin when he steps on a nail, pin or needle. The wound may heal on the outside, but the organisms under the skin are growing, and prepar-ing for their dreaded work. Serious cases of crysipelas have resulted from puncture

wounds on the face.

Another thing, don't let your baby stick everything he gets hold of into his mouth. Coloring matter is often poisonous, and will make him very sick. A good many things bables swallow will stay in the stomach, some pass off through the alimentary canal, and others cause what doctors call stomatitis. This is only a hard name for common "sore-month," but if your baby has ever had it you will be careful to take every possible precaution against his going through it

## How to Wash a Silk Blouse

When washing a silk blouse first place the blouse to be washed in clear cold water, and allow it to stand for 10 minutes. This loosens the dirt without much

or boiled in clean water for a minute water, and allow it to stand for 10 minutes. This loosens the dirt without much
rubbing. After this, wash it in clear,
lukswarm water with a little soap, and
wring as dry as possible. Now, take a
little gelatine and add some hot water in
order to melt it. Then put the blouse
into the solution, wring out and fron the
blouse at once. The gelatine gives the

little gelatine gives the

or boiled in clean water for a minute
or so.

A good purgative is necessary to purify the
blood and carry off the poisons. Drink
plenty of water—a glass of hot water between meals is very good. An ointment
water for a minute
the silky zibeline woolens, such as kitten's ear and peau de souris, and end with
covert cloth, tweed, cheviot and serge.
They have their various uses, and costimes for formal wear differ radically in
style and material from these for the
ordinary daily routins of life. new. The gelatine has the advantage also good, if a bit painful. The real necessity is to keep the system free from poisons when once they have gone, and prunes and the tete negre of the noute heing lost, as when a little starch is used.

#### Snapshots in the Market

Fruits are very abundant this fall and come in almost any variety or price. Oranges are still quite reasonable in price, selling at 50 to 60 cents a dozen. A very fine assortment of Beurre pears

sell two for 25 cents.

Lady apples sell at 40 cents a dozen Almeria grapes cost 25 cents a pound. Seckle pears cost 25 cents a quart. Grapefruit ranges in price from \$1.50 to \$2 a dozen, according to size, Japanese persimmons are now on the market, selling at 75 cents a dozen,

Alligator pears have also arrived, and sell two for 25 cents. Spitzenberg apples sell for 60 cents a

Large, beautiful clusters of hothouse grapes sell at \$1.50 a pound. Pineapples are 25 cents aplece. Casaga melons are still on the market, and cost from 50 to 65 cents aplece.

#### A Beauty Chat

A great many growing girls are troubled with pimples and bolls. This ruins their good looks entirely, besides being very painful. Boils, especially, are very likely to come in a series, sometimes as many as 10 and 12 in succession. They are often due to poisons in the blood, which, when they find no other outlet, break out on the skin. A good many girls nowadays stay indoors too much and lack of exer-cise makes the blood sluggish and likely to retain poisons. Careful treatment of the first boil will save you the pain of the others, to say nothing of the doctor bills. Never squeeze a boil. Put cotton over it (taking care to have everything used scrupulously clean) and let it come to a head by itself. Take every bit of cotton with the pus on it and burn it as soon as it has been removed. This is because the organisms which cause the boil may be spread and more might follow. If it falls to come to a head, open it with a sterilized sharp knife. To sterilize an object

### THE GIRL WHO FLIRTS

Booth Tarkington, in his book, "The pretty face, but should he happen to be Flirt," gives us a good, true-to-life very much in earnest it is a different study of the feminine filrt. Granted a story. certain amount of good looks and per-sonal magnetism, and a very small amount of brains, the firt starts out on very difficult to break, and the woman amount of brains, the flirt starts out on her social journey. Men like her because she is pretty and charming, and the women are afraid of her. She soon becomes that mysterious thing which, for want of a better name, girls call "poptions".

The first quarrel or cross word will be enough to make the flirt think will be enough to

But the flirt is not satisfied with the will be enough to make the flirt think of her discarded conquests. Worst of all, wants more. So she starts a violent she may make the mistake of reminding the starts and there is no man her husband of them and there is no man

wants more. So she starts a violent filrtation with each one, taking care to let him know how crass his rival is about her. Those are the old time-worn tactics of the filrt, to play one man against the other.

Peor Bob determines to cut the other men all out, and to ask this adorable creature to marry him. Again your professional filrt betrays her tactics. She never refuses an offer of marriage, for that would mean losing the man. She "shies" him off instead, smoothes down his ruffled brow and tells him she loves him as a sister. Thus she keeps the man, and the proposal, as well, on ice. This is probably just as well if Bob is early taken by cute little ways and a serious misunderstanding some day.

Braised Guinea Fowl

and well cooked guinea fowl approaches

Poinsetta Salad

tould and past small round temator

and and per small round tematica-n a sharp brife out each one through a the top down to the bottom, making temate in book like a pointentia blos-Take yalk of hard builed and and to drop mayormalar. Fill centry with mixture and aprinite top with more year. Use sharing of cucimber tind apresent leaf or stalk. A few possion-persons puts one give be sprinked the senter of the tomate.

Housekeepers find that a well selected

Useful Recipes APPLE BUTTER.-Reduce sweet cider one-half by boiling. Add to one quart of pheasant and partridge. A young guinea is known by a breastbone pliant at tip, very tander wings, smooth lags free from the boiled cider a little more than twice as much tart apples which have been feathers and pale yellow color. Roasting is not objectionable, but a braise or riceasse is superior because the flosh is dry. Guineas remain wild in domesticity, hunt their own food in the fields, and therefore do not accumulate fat like domestic fowl. They are therefore more pared, cored and sliced. Cook slowly, skimming as necessary and stirring with skimming as necessary and stirring with a long wooden spoon until the apples are well cooked and of the consistency of marmalade. Put through a coarse sieve and swesten to taste with brown sugar. Season with agics, if desired, but the pure apple flavor cannot be improved upon. Return to the fire and cook in minutes, then put away in stone jars.

discrible.

Sings, draw, clean and truss. Melt a tablespoonful of butter in frying pan. When hot lay in guines and turn until guiden brown on all sides. Fry two alload carrots and two onions brown, add but waiter or stouk and thicken with rear of browned flour and butter. Season and add seared bird to pan, cover cleanly, and cook vary showly and gently one hour and a quarter if young, two or mem hours if old. Wash done remove to hot platter, place carrots around and strain some, fravy over bird. minutes, then put away in stone pare.

GINGER APPLE.—Pare core and quarter six pounds of apples. Add six pounds of loaf sugar, broken and very small, the fulce and rind of one lesson and six ounces of whole ginger which has been simmered in water till tender. Strain the ginger water and out the ginger up fine before adding to the apples. Put in a granite pan and cook over a quick dre until the apples are clear and yellow, shaking the pan frequently to prevent burning.

APPLE GRME-Fare and over tart applian quals with a very little water until soft enough to mash. To one cupful of hot apple pulp add one tablespoonful butter and let coule Min together one tablespoonful sugar, two cups four, twe takepoonfuls baking powder, a little salt and one-third teaspoonful ground cinnamon. And the apple sence one beaten age and milk enough to make a self butter. Fin bot buftered gam page about twe-thirds fall and hake a half-bass.

APPLE-PRITTER RINGS-After reenrying the cases from fart applies out there actson in alless one-quarter from an thickness. Sprinkle well with floor and



HOUSE FROCK OF FRENCH SERGE WITH COLLAR, CUFFS AND

## MODES OF THE HOUR

Great Range of Materials for Women's Gowns Decrys Talk of Hard Times.

much in vogue at present might start off with velvet and run down the line of vel-

prunes and the tete negre of the nou-veants order.

To judge by the appearance of the femi-

nine half of mankind, hard times exist on paper only. Velvet and furs to the right and the left, in the front and the back are suggestive of prosperity of a high order. Even the frocks of engaging simplicity look expensive because of the quality of the material or the handsome fur that

adorns the collar and cuffs. Among the silks those of the satin finish are very popular, and the failles and the bengalines are well liked. The sliks of considerable body have an ex-treme softness which makes them adaptable to the modes of the moment. Drap de charmeuse is an improvement on the charmeuse proper, as it does not rut up in fuss in the objectionable way of the

A list of the materials that are very run its course yet. Apparently the nuch in vogue at present might start off dressmakers have not yet exhausted the possibilities of combination.

The blue serge model, with sleeves and underskirt of black satin, was the one most frequently seen earlier in the seawith a directoire or an 1870 silhouette.

And there is also a frock that cannot be classified by any of these names and can only be designated as charming, which is, after all, rather refreshing, like spring water after wine.

Such a one is sketched today. It is made of the fine twilled serge, dubbed French, and the color is tete de negro.

A plaited skirt, with a yoke in front, from which desends a ranel alightly will.

when it is better to color them also. Add the stock or water and the milk and a little sait. Boil all gently until the car-rot is nearly cooked, then add the macafrom which depends a panel slightly full. reaches to the natural waist line, which is defined by a crush girdle of black

The bodice has a plain back, set in sleeves, collars and cuffs of white silk and a double vest that gives it distinc-

One vest, the upper one, is made of black and white checked silk, repeating in itself the note of white of the under vest and collar and cuffs and the note of black of the girdle. This pulls the whole thing together,

as the artists say, and produces a har-The satin and serge frock has not without the process of analysis.

## THE JEALOUS WOMAN

Jesiousy is a despicable fault, but it | means to be unkind, but he commits an age of nine persons out of ten who possess it. Keep your seats—you probably perhaps the proper occasion has not arrived yet to bring it out, but it is there, just the same. Jealousy is as common a falling to fallen mortals here below as grumbling about the weather or buying tight shoes.

The tortures of jealousy are not exaggerated-they correspond in intensity to Sherman's description of war. Who has not known a queer, indefinable feeling creeping around her innerds when the idel of your affections says that so-in-so is much nicer than he had ever dreamed, or that Eleanore's hair had a wonderful gleam in it? Coulen't you just hate Eleanore and every hair on her head as well? No? Well, let him say it a couple of times more, and you will cease to be a fallen mortal and take your place among the affects if you don't admit a tiny, strange "scratchy" feeling.

A great many women are as jealous of a man's work as they are of his attentions. This may be foolish, since he works to support her, and she is only injuring herealf, but it is easily explained. Take the case of a wealthy woman who married a doctor. She said herself, that maryied a doctor. She said herself, that out of the seven years that they had occupied their magnificent home, he had been at home with his family in the evening just six times! A woman cannot help but feel a bit bealous when her hushand puts business before her own interests. He gets the habit, no doubt, from the struggles of early married life, when she told him with a brave smile that the future would bring them together. But the future mover tame, business obtains a man down with iron fetters, and instead of growing closer tagether they drifted far agent.

There are a great many women was

would slady part with the extra laxurian shout the their well-meaning mechanical labor to give them if it would menure a little more of the loss for lender two of avertable days. No fixer model to the particular days.

can be safely said that there is an aver-unconscious cruelty when he thinks his was of nine persons out of ten who nos-wife can get along without his attentions. The unreasonably jealous woman, of course, is an entirely different type. This are not candid enough to admit it. Or is an actual mental mania, just like delusions of different kinds that weak-minded persons often have. A woman who is acutely jealous tortures herself and all about her. But undoubtedly she is the more to be pitied. Her mind never knows a rest, she is a victim of doubts and sus-picions of all kinds from which she can never escape, except by an extraordinary amount of self-control. And this kind of woman seldom has any self-control.

#### Indoor Flowers

It is so easy to have flowers in the house all winter that it seems too had not to try the experiment. Flowers which grow from bulbs-hyacinths, Narcissus, daffodils, freeslas, tulips, etc.-can be forced to bloom all winter long. An invalid will enjoy watching these little plants, and old people or children as well will keep their minds and fingers

well will keep their minds and fingers busy tending to them. The process is simplicity itself, and once you have had flowers in your home you will never be satisfied to be without them.

Buy several bulb pane—made either of earthenware or sine—to fit your fardinieers or fern dishes. Plant a builb in seah pan, and cover with light sell, mixed with sand. You can use several plants in a pan, teo, but keep them the same variety of bulb, and they will grow better. Water than thoroughly, and put them in a cold, dark cellar. Coyer them with comeshing winch will keep all the light away from them. Leave them here, with a little watering every two weeks, until the roots have formed themsalves. The time varies with the bulbs used. Now bring them up to a sunny room, and thay will bloom in three or fur weeks. They shap in blossom about ten days, with careful watering.

Tou can have flowers for Christmas if you use Roman hyacinthe. They require three weeks in the same treatment. Heat, if not about the same treatment. Heat, if not bloom. They make a charming windows home for indicate when artistically combined for indicate when artistically combined and silve the mind a sieve after pourts of and the with all the day ingredients wall, then add sameters milk, or milk and water, or all water or sour milk, to milk and water, or about the same treatment. Heat, if not become the first make a semi-time with same for four. Serve with the same for indicate when artistically combined for indicate with make sema very salary touchers dishes.

#### The Newest Neckwear

A prominent Chestnut street shop, which is noted for its exclusive designs in feminine apparel, shows a number of stunning neckwear novelties. Batiste, failles, moire, chiffon, creps de chine, bengaline and every dainty material imaginable can be seen on the counters.

One particularly attractive collar and cuff set is made of hand-embroidered batiste. The popular pleated effect can be seen in the centre of the collar, at the back, with points in front, and reveres, too, decorated with the finest kind of hand embroidery. The cuffs have pleatwhole is a most exquisite set. The cost

just now, and a very new innovation is the vestee. It is a little jacket, rather larger than the ordinary vest, made of white or flesh-pink creps. The popular V-shaped neck may be seen in front, and little pearl buttons finish the front. These are to be worn with dark dreams and are to be worn with dark dresses, and cost only \$3.75.

cost only \$3.75.

A new French importation is the collareite. This shows the growing tendency
to the high collar which is said to be
coming into fashion again. The era of
comfort has brought about one good thing
—while the high collar is to be seen, it is
soft and comfortable; the "choker" has
gone forever. This pretty nevel to consists

made like a man's vest in front and having a beautiful lace back. This is to be
worn over a light shirtwaist. These cost
from \$12.50 to \$15.76.

These cost low?" for the varieties of filling for copyright, 1914, by Mrs. Christine Frederick.

# IS YOUR LINEN LEGAL?

By MRS. CHRISTINE FREDERICK

unto another.

Are there standard sizes in sheets, pillow cases and linens? Yes. The most pillow cases and lineas? i.e. The most commonly used hed is the three-quarter, frequently mistaken for a single size Another common size of bed is the twin bed, increasingly gaining in favor. In either case a sheet should be 30 inches wider than the mattress; so if the matress is 47 inches, and the same point balls true with reference to a double bed. holds true with reference to a double bed, as this gives enough "lap" to turn under and satisfactorily cover mattress and

comfort has brought about one good thing—while the high coilar is to be seen, it is soft and comfortable; the "choker" has gone forever. This pretty novelty consists of a high pleated ruche of heavy corded cream silk, which runs up to the hair line in back and narrows down in front. The bottom is edged with fur of the softest kind. There are only two of these, and they cost \$7.50 each.

The sheer batiste vestees with hemsitteded edges and hand embroidery cost from \$5.50 to \$12.50.

Another very new thing, seen in only a few of the exclusive shops, is the satin vestee. This is a sort of bridge jacket, made like a man's vest in front and having a beautiful lace back. This is to be worn over a light shietwals.

Some foolish conundrum mishs he cannot six feet that the modern bed varies from six feet six inches—a good bit longer, by the way, than the old fashlonger, by the way, than the old fashlonger, by the way, than the old fashlonger. This gives another inches and lot inches. This gives another inches and lot inches. This gives another inches and lot inches. This gives another inches when finished, viz, properties with the modern bed varies from six feet six inches—a good bit longer, by the way, than the old fashlonger, by the way, than the old fashlonger, by the way, than the old fashlonger. The better when the case of the set six inches—a good bit longer, by the way, than the old fashlonger. The better when the sandard longer

Author The New Housekeeping. I believe it is in Texas that the length of hotel bed sheets is regulated by law. Certainly boarders in other cities and perhaps guests in our own home may wish that there were legal requirements in other States as to standard sizes of bed linen. It is certainly true that in bed linen. It is certainly true that in many homes no two sheets have the same area and one pillow is not like at least one State has a definite law on chicken feathers, thoroughly send, by the way, we should be proud that at least one State has a definite law on the sanitary condition of feathers. Just as there was so much indignation at the quantities of Chinese hair imported some time ago, so the Chinese feathers are under the ban, and likewise feathers are under the ban, and likewise feathers from other pillows which have been resterilized. "Lock for the label" is as important in buying a pillow as a can of meat. If the feathers are not fresh or new the label requires that they say so and thus prosteets you.

Let not your pillow be too heavy or too light. A good standard weight is two pounds, and the best size is Exist, or if you are a little topheavy take a pillow Exso. Then the case should be never more than 26 inches when finished,

tear and corrupt, and only quality linen can survive.

## WOMAN OUTSIDE THE HOME

Around the Clubs

The interesting subject for discussion will be given by Mrs. O. H. Emery, of today at the Hathaway Shakespeare Club will be the "Kentucky Writers." Papers on this subject have been prepared under clation will open today at Nashville, the personal direction of Mrs. Herman Harvey. The following topics will be Harvey. The following topics will be treated: "Kentucky's Earliest Literary Attempts," rend by Mrs. Ariel P. Lee; "Oversea Ballads Which Have Been Sung in Kentucky Valleys," by Mrs. Ralph Clements: "Present Day Kentucky Writers and Their Settings in Their Stories,"
by Mrs. George P. Pilling, and "Kentucky's Greatest poet—Madison J. Cawein," by Mrs. Herman Harvey. The
Kentucky ballads will be illustrated by
songs, sung by Miss Ada Turner Kurtz,
and a number of Madison Cawein's exand a number of Madison Cawein's ex-quisite poems will be read. Any one who is familiar with his lyrics will appreciate

Another very interesting and very apropos subject will be discussed by Mrs. Arthur H. McOwen. The title of her

What Other

Housewives Know

BOSTON BROTH.

Four ounces of carrot.
Four ounces of celery.
Four ounces of lettuce or cabbage.
Two ounces of dripping.

Two ounces macaroni. Two tablespoons chopped parsley.

Prepared and chop all vegetables very

finely. Shred the cabbage first, then chop it. Melt the dripping in a saucepan

add all vegetables, stirring them about in the fat about five minutes, but do not

brown them unless brown stock is used

RABBIT A LA BRETAGNE.

Well wash and dry the rabbit; cut it

into joints and fry these and the onlen

a good brown in the heated oil. Add the

herbs and tomatoes and cook for a few

minutes, then pour off the oil. Add the

sauce made by browning the flour in the dripping, adding the stock and stirring these over the fire till bolling. Strain in

the lemon juice and add seasoning. Sim-mer in a casserole if possible for about an hour, or until the rabbit is tender—

this depends upon its age. Then arrange the rabbit upon a hot dish, strain over the sauce and garnish with toxat, or serve

LENTILS.

One quart of water or stock

Half a pint of milk. Four ounces of onion

Salt. pepper.

One rabbit. One gill olive oil.

Tonst. Seasoning.

in the casserole.

One pint of red lentils. Four ounces of bacon.

One quart stock. Two ounces of dripping. One large onion. One tablespoonful flour.

Salt, pepper, parsley (chopped). Fried bread.

Soak the lentils overnight. Put in a

pan with the dripping and stir it for

five minutes. Add the stock and boil till

the lentils are soft, stirring well. Mean-

fry brown in the fat remaining after fry-

One thinly sliced onion. Four sliced tomatoes. Half a pint of stock.

Half an ounce of flour. One ounce dripping. Bunch of herbs.

Juice of half a lemon.

the World's News Committee.

The 48th annual convention of the National American Woman Suffrage Ass States have been arriving for the past The president of the association, ou

own Dr. Anna Howard Shaw; Miss Jane Addams, of Chicago fame; Dr. M. Carey Thomas, president of Bryn Mawr College; Mrs. Medill McCormick, chairman of the Congressional Committee of the national association; Mra Raymond Brown, president of the New York State Suffrage Association; Miss Rosalie Jones and Mrs. Cyrus Field are some of the well-known women to be seen at the convention.

Today at 11 o'clock Hillary Howse, Mayor of Nashville, and Mrs. Crozier-French, president of the Tennessee association, and Mrs. Guilford Dudley, president of the Nashville Equal Suffrage League, welcome the delegates. In the paper is, "What Wars Have Done for Literature." Mrs. McOwen will also conduct the regular book review. A study of the development of the warfare abroad make her annual address in the evening. afternoon reports will be read on elec-tions, credentials, etc., by the various committees. Dr. Anna Howard Shaw will

#### Lemon Fritters

Beat three eggs without frothing them, sweeten them and flavor with lemon rind, adding a tablespoonful of brandy. Cut some stale bread from which the crust has been removed into slices one-third of an inch thick, stamp them into rounds with a cutter did them into rounds with a cutter did them into rounds with protect the sink. Beat three eggs without frothing them. with a cutter, dip them into founds with a cutter, dip them into the mixture until they have absorbed as much of it as possible. Lift the fritters with a slice, and fry in lard like pancakes. Place on a dish and sprinkle thickly with fine sugar. Serve hot.

which protect the sink.

The pans come in two sixes, the family size, 13x19 inches, and the apartment house size, measuring 11x17 inches. Both cost \$1.50. They are put together in a sanitary manner and with proper care will last indefinitely.

Protector for Kitchen Sink Every housewife who has had the trouble of cleaning out her kitchen sink, after a half hour or more spent in dish-

washing, will appreciate the new sink-protecting dish pan. It is made of what is called "copperbearing tin plate," a new arrival in the metal world. The steel under the tin coating has copper amalgamated with it, making the finished tin plate practically rust proof. The pan fits snugly into the sink, without moving at all while the dishes are being washed in it. The great

advantage of this is that the water will not be spilled around, either. not be spilled around, either.

Two very good innovations further add to the efficiency of this pan. It has an outlet in the centre as in a bathtub or washstand, and under this is a little strainer drawer of rustless mesh. This is to catch all heavy greases or particles from the dish water. It removes the unfortunate scrainer process: you simply

## "FIRST AID" IN THE KITCHEN

Remedies for the Every-day Accidents of Burning, Scalding and Cuts.

roni, broken into short pieces, and boil till it is tender. Lastly, add paraley and seasoning. Serve with toast or fried handling knives and things when mother isn't looking, etc. There are so many close-at-hand remedies which can be ap. If You Would Avoid plied immediately if mother only knew of them. These remedies are just as good as the doctor can give, because doctors have used them for years, and you The long epidemic we had last year of would have to pay to find them out.

Burns and scalds should be bathed in a to a pint of water, and keep on as long or conjunctivitis follows. as you can. Boric ointment is another thing which is usually to be found in every medicine chest. It is only dry horacic soid with lanoli- and hastens the healing process. A little butter spread or a slight cold. This will develop very quickly over a scald-as soon as it ocours, if possible,-will take the sting out.

more serious, and the places above and the health. below it should be tied with a cord of some kind, until the doctor arrives. The ordinary cut should be bathed in sait solution in the proportion given be. Most of them are without alseves and can hand tied in clean relief. ordinary cut should be bathed in salt solution in the proportion given before, and tied in clean gause. The first inclination of a person who has a finger cut is to wrap it up in his handkerchief. Unless this is a perfectly fresh one, this is a very bad thing to do. The ordinary handkerchief carries germs from the pocket, nose discharge and hands. If these get into the cut, a serious infection is very likely to follow. People make fun of the procaution taken against germ contagion these days, but it is only in the future that they will properly understand how easy it is to contract lilness from the most trivial things.

Never use carbolic seld, no matter how weak the solution, on a out or burn. It has numerous proprietary names (such as

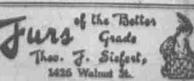
The busy housekeeper should remember | Phenol Sodique, etc.), which are equally how to treat the ordinary wounds ac-quired about the kitchen. So many things are liable to compute the compounds. A cut are liable to occur-the cook may scald will heal naturally as quickly as it can, herself or some one else with boiling with clean gauge to protect it, and fregrease children may cut themselves

The Winter Cold Now is the time to guard against it.

grippe was a proof of how contagious colds are. A headache or sore throat folsalt solution. Use one tenspoonful of salt lows and soon a full-fledged case of grippe The new tailored suits with the fur collar

buttoned tightly around the neck are very dangerous for the throat. Women wear these one day and a low collar the next. rapidly, according to the amount of re-sistance the person herself has. The same thing might be said of un-

The best treatment for a cut which is of autumn weather this year has kept only a flesh wound is to let it stop bleading by itself, and to keep it clean. Of ing by itself, and to keep it clean. Of them on, you must keep them on. Change course, one near a large vein may be mg with every warm spell is very bad for





## Jams Home-Made

They are made of nothing but whole fruit and the best granulated sugar—the fruit was selected by an expert. Fifteen varieties. 25c Jar : \$2.85 Dozen

E. Bradford Clarke Co. 1520 Chestnut Street

